## Journal Entry 2

* **Due date: September 22 at 11:59pm:** Submitted on Blackboard
* **Length:** 450 to 600 words
* **Format:** MLA Style

## Purpose

This assignment give you structured practice in thinking critically about the topics we’ve discussed in class so far. The processes of reflection and writing will give you an opportunity to formally organize your thoughts and to keep a record of those thoughts for yourself (and, potentially, for others) so that later you may look back on them and consider how (and whether) your thinking has changed.

## Description

Consider Chapter 2 of *Your College Experience*: “Time Management.” Answer at least 3 of the following questions:

* What strategies are you adopting to manage your time effectively?
* Are you using a planner? Why or why not?
* How are you keeping track of your to-do list?
* What strategies help you avoid distractions?
* What difficulties have you experienced so far as a college student with time management?
* What’s your plan for dealing with those difficulties?

Now consider Chapter 3: “Emotional Intelligence.” Answer these questions:

* What do you see as the relationship between managing your time and managing your stress and your mood?
* Do you believe that effective time management will help you with managing your mood? Why or why not?
* What strategies have you tried so far?

Do not just write up a series of answers to these questions! Instead, you should use them as prompts to get you thinking (and writing) about the topic in question.

## MLA Format

Be sure to format your paper according to MLA guidelines: 1-inch margins, the font Times New Roman, 12-point type, double spaced text, indented first lines for every paragraph. In the upper lefthand corner of your first page, type your name, my name, the name of the course, and the date of the draft. In the header of each page, in the upper righthand corner, include your last name and the page number. For more information visit http://upstateenglish.org/u101/mla.html